



National Association of Federal Retirees Association nationale des retraités fédéraux

WINNIPEG & DISTRICT

Newsletter - Fall 2017

President's Message

Ceci O'Flaherty

I would like to start by saying I am very happy to be the President of the Winnipeg and District Branch. A lot has happened since our Annual General Meeting in April. I wanted to share a few highlights with you.

We have 2 new preferred partners which include the Winnipeg Blue Bombers and Murray Automotive group. Information on all of our preferred partners is on our branch website so it is very important to check our website regularly. Some of these discounted offers are for a limited time such as Bomber games and events at the Bell MTS Centre and you don't want to miss out.

I am very proud to say that our Branch was recognized by several awards at this year's Annual Members Meeting held in June in Ottawa, ON. This year Pat Jarrett, Past President, Winnipeg and District Branch was awarded the Claude Edwards Leadership Award. This award is given to an Association volunteer who demonstrated outstanding leadership and perseverance in advancing an Association cause or causes which benefit(s) members. Congratulations Pat – well deserved.

Our branch was awarded the Volunteer Support and Development award for excellence in the delivery of programs and activities in support of volunteers, including volunteer recognition, development, recruitment, and succession management. We also received an Honourable Mention and a President's Commendation in the Membership Recruitment and Engagement award category.

From a business perspective there were several very good speakers and panel discussions this year at the AMM. The President's forum discussed 5 key areas: Branch Role in Advocacy; Member Recruitment; Volunteer Recruitment; Branch to Branch support; and Service to Members.

Many suggestions were made and a report with recommendations was prepared and shared with the National Board of Directors and with all Branch Presidents. This will ensure that all branches are working toward a common goal.

Since our last newsletter, our Branch has continued to be involved in a number of events. A National Veterans Outreach Initiative was held across Canada and on October 23 Winnipeg hosted a town hall where representatives from the National Office were looking for input from retirees and serving Canadian Armed Forces and RCMP members and their families about the transition process out of

uniform and veterans' experiences afterwards. The results of these discussions will be rolled into a report and presented next spring to the federal ministers of Defence, Veterans Affairs and Public Safety Canada. We have also participated in other events such as 55+ Housing & Lifestyles Expo (May 17); Community Fair at CFB Winnipeg (September 9); presentation at Second Career Assistance Network (SCAN) Transition Seminar at CFB Winnipeg (October 25); lunch and learn (October 18); Outreach Information meeting in Selkirk, MB (October 11).

Now, I don't want you to think that it has been all work. We are retired after all. We hosted a golf tournament on August 15. It started a little cloudy but cleared up nicely without getting too hot. Our golf tournament could not be held without a dedicated group of volunteers led by Jim Jarrett who plan and organize every detail so that everyone has fun. Thank you very much to Jim and his team for organizing such a great event. The course has been booked tentatively for August 14, 2018 – mark your calendars.

As a special celebration to recognize and celebrate the 50th anniversary of our Branch and Canada's 150th birthday, we took a ride on the Prairie Dog Central. Approximately 260 people joined us for this event which included a step back in time aboard the train, an exciting chase on horseback by the Sheriff and Deputies to arrest 5 members of your board of directors (the "Desperado's") and a wonderful dinner at the Hitchin Post.

More on these events is included later on in the newsletter.

On November 11, Jim Jarrett and Jim MacGill will represent our Branch in a Remembrance Day Ceremony at the ANAVets Branch 283 by laying a wreath in recognition of all who served so we could enjoy the freedom we are so lucky to have in Canada.

In closing, it has been a very fun but incredibly busy time for our Branch. **The Board of Directors is always looking for volunteers who want to help. The commitment level can range from being a member of the board to helping organize individual events. A number of board members' terms expire in April and we will be looking for people interested in keeping our Branch moving forward. More information will follow in a separate communiqué. If you are interested in helping out, please contact any member of the board. Remember – the organization is only as good as the volunteers who support it.**

MEMBERSHIP REPORT - Dorothy Watermulder

As of September 25, 2017, we have a total of 6077 memberships. There are 3282 members who have Direct Deductions at Source (DDS) (from their pensions) and 804 non-DDS memberships; of these, 13 unpaid non-DDS and 11 unpaid DDS memberships. Since April 1, 2017, we have the following new memberships; 26 Single memberships and 44 Double memberships.

***Reminder** - e-mail is the least expensive option for communicating with our members.

2017/18 Membership Fees

	Total Fee/per year	Per Month (only DDS)
Single	\$47.76	\$3.98
Double Membership with spouse/partner	\$62.04	\$5.17

A double membership gives full Association membership to a spouse or partner for just \$14.28 more. Both are eligible for all member benefits including our exceptional travel insurance, access to our advocacy team, volunteering, and a vote on how we operate. Most importantly, it doubles your support for the work of protecting pensions and other benefits.

Address Unknown

This list is published in an attempt to locate members for whom we do not have a valid mailing address, e-mail or telephone number. If you know anyone listed below, please have them contact; National Association of Federal Retirees, Winnipeg & District Branch, 526-3336 Portage Ave., Winnipeg , MB R3K2H9, Phone (204)989-2061 or e-mail nafwrwpg@mymts.net

Allard, J	Arana, Kathleen S	Atadnyk, Alex O	Bass, Edwin	Beaudoin, L
Bovard, Wendy	Brown, Doris	Cameron, K	Case, B	Clarke, Donna
Clifford, Morris	Colpitts, Lillian	Curtis, C	Davidson, George	Demers, R
Dionne, J E	Dodds, K	Eckersley, R	Edwards, B	Edwards, D B
Englandm G	Evenson, William	Flewin, Vivian	Fontaine, L	Foster, Marcie A
Fowler, Prescilla D	Fredricksen, A	Gamey, L	Gates, Howard	Gauthier, Gaymond
Gillespie. G	Hamilton, Lisa	Harrow, Doris M	Hein, Benjamin	Heinrichs, Daniel
Hiebert, Shirley	Hopper, Robert	Hucaluk, William	Hudson, C	Johanson, Ingrid
Johnson, David	Kats, Shirley	Kennedy, Carol	Kerr, Harry	Klubi, Pete
Kohler, Delores	Kreitz, S C	Lacroix, J	Leblanc, Gladys	Lenoff, Robert
Letendre, A Giles	Linnen, Diane	Lyons, G	MacGillivray, A	Mahon, J
Martin, George	Martin, Stan	McDonald, Sheila	McGregor, Betty	McLean, Elaine
McNaughton, Katheryn Anne	Muyres, R	Nelson, Earl	Newton-Hilton, Shirley	Orpin, K
Oswald, K.L	Pankewich, Meryle	Papineau, Claudette	Paxton, Thomas	Paxton, Ellen
Phillips, Rick	Poitras, Arthur	Povoledo, M	Prideaux, Flora I	Przibislavsky, Rose
Racz, I	Pursey, F George	Ramdahin, Harold	Richard, Dennis	Rowe Graham,
Ruud, Lloyd R	Schnell, P	Skimming, Craig	Skowronski, Joseph	Smith, Roberta
Spence, Andrew	Stevenson, Rita	Sullivan, Donna	Tiessen, Harry	Tingley, Muriel
Tully, Joyce N	Vance, S	Whelan, S	Will, H	Wilson, Patricia
Wolf, Paul G				

Get well and condolence cards to members and families are sent out when we are notified. If you are aware of any member who has lost a loved one or a member who has become ill, please let us know. You can leave a message on our Branch telephone number (204) 989-2061 or e-mail address nafwrwpg@mymts.net and it will be followed up. Please be sure to give the name and address where the greetings are to be sent.

CANADA 150 AND BRANCH 50TH ANNIVERSARY CELEBRATION REPORT - Pat Jarrett

2017 is a very special year for the Branch and for our country. Both are celebrating special milestones. It is Canada's 150th birthday and our Branch was formed in 1967, 50 years ago. There was much discussion at the board level as to how best to acknowledge these notable events. As Past President I was asked to Chair a committee to develop a plan which included reaching out to members, establishing costs, identifying a suitable venue and a date for an event. The following board members volunteered to help with the planning and organizing: Lucy Cummings, Paula Nygaard, Lucille Mahon and Dorothy Watermulder. Ray Remple, a Branch member also volunteered his time to assist with this project. After considerable research of possible venues it was decided to charter the Prairie Dog Central followed by a roast beef dinner at Anderson's Hitch 'n Post Restaurant. The event took place on August 23rd and our overall participation included 238 members plus 25 guests for a total of 263! The weather even cooperated! Additional help was provided at the train station by Tom and Barb Higham, Ceci O'Flaherty, Cynthia Foreman and Jim Jarrett.

As our Branch has a reserve for special events it was agreed that members would only be charged \$20 for the event, guests \$60 and any costs over what was collected would be paid out of the reserve. Cost to the Branch was \$8,092.54. Overall, our expectations were more than met. Many members expressed their appreciation and gratitude for the work of the volunteers. A good time was had by all!

EVENTS AND ACTIVITIES COMMITTEE REPORT - Nicky Compton

Our speaker's event was held at the Manitoba Eastern Star Chalet on 18 October 2017. Once again we offered three speakers. The topics covered were requested by the membership and are Michael Nelson, Optometrist, who spoke on cataracts, glaucoma and macular degeneration; Kevin Young from Diabetes Canada covered the types of diabetes, how to prevent and manage the disease and touched on healthy eating and being active. After the presentation a volunteer from the Lions Club of Manitoba was available to provide a Diabetes Risk Assessment should a member wished to participate. The afternoon presenter was, Janet Thompson from the Arthritis Society and her presentation helped us understand the types of arthritis, treatment options and aids to cope with daily activities.

We do not offer these events during the winter months. There is an investment of time, money and preplanning that goes into these events and winter weather can result in low turnouts. With that in mind we are actively planning our Spring 2018 event. The day will cover all things financial, and will include the risks of retirement, power of attorney, gifting, elder abuse, wills, tax credits, and protecting your credit in retirement. This session is developed and presented by Terry Cutting and her team and is being tailored to our requests so there will possibly be changes to the list of topics to be covered. Our Branch has covered financial issues in the past and we want to make sure we have the needs covered. Consequently, Terry will be available over the lunch hour on 18 October to answer member's questions or add topics of interest.

Our committee is comprised of myself, Lucy Cummings, Gerry Jennings, Pat Jarrett, Dorothy Watermulder, and Penny Wright and we are proud of the work we do on behalf of the Branch. We invite

you all to come out to these events. It's an opportunity to learn something new, connect with old friends and make some new ones.

2017 GOLF TOURNAMENT REPORT - Jim Jarrett

Once again, our Branch sponsored another successful golf tournament. It was held on August 15th at the Scotswood Links Golf Course in Elm Creek with 92 golfers signed up!

The entry fee this year was \$65.00 which included golf, shared cart and steak BBQ and for those who just came for the steak it was \$30.00. The format was team best ball with a shotgun start at 10:00 a.m. We again were able to streamline the registration process from what we learned from last year.

A big thank you goes to Gerrit Westerhof and Dave Winmill for their help in collecting the fees and putting together the foursomes as well Dorothy Watermulder for assistance on the phone. The following volunteers were also instrumental in helping to make this a fun day at the links: Gerrit Weasterhof, Nicky Compton, Pat Jarrett as well as Orest and Connie Kryschuk.

Once players got their carts loaded along with the cold bottle of water provided by the branch the play started on time. Once the round was completed a steak dinner was provided in the new club house banquet room. The dinner was followed by the prize presentations.

Prizes were presented as follows:

Low Score: (foursome) - Canada 150 books

High Score: (foursome) - Canada 150 books

Men's longest drive: X2 (front and back nine)

Women's longest drive: X2

Men's Closest to the hole: X2

Ladies Closest to the hole: X2

(each person received a NAFR golf shirt)

IT should be noted that the Canada 150 books and the NAFR golf shirts were supplied by the Branch as part of the Canada "150" celebrations.

The following donated prizes were handed out by way of a draw:

Gift cards (\$50.00) to The Keg restaurant - donated by Jim Foreman, North End Weather Stripping
Two passes; each pass for one round for two people with cart and two gift cards \$20.00 each - donated by Scotswood Links

Golf Bag - donated by Orv Malcomson

Golf tees, and a variety of bath and body products - donated by Barb Moroz.

All remaining participants got a sleeve of golf balls. Who can't use extra golf balls?

I have booked Scotswood Links Golf course for August 14, 2018, so for those golfers, please circle that date on your calendar. Further information will be forthcoming in the spring.

WEBSITE REPORT - Louise Jutras

Our Branch website is celebrating its first anniversary this fall. I will continue to work on improving our website and have established a great working relationship with the National Office who provides assistance and support as required. Content on our webpage includes information on our Local Preferred Partners and National Partners so all information can be viewed in one location. Members are eligible to take advantage of discounts by accessing the website, so it is important to go there often! Our website is: www.federalretirees.ca/en/Branches/Manitoba/Winnipeg-and-District.

I am willing to spend some time translating portions of the website so that the information is available to our French speaking members.

MEMBERSHIP RECRUITMENT – FREE GIFT CARDS

One of our strategic commitments is to focus on membership recruitment. With this in mind, the Board passed a motion at the October meeting to provide a \$25.00 gift card to any member who recruits an eligible member between December 1, 2017 and March 31, 2018 to join our organization. Here's how it works.

1. You must be a current (paid) member of the Winnipeg and District Branch;
2. You recruit a new member who joins (single or double membership) and pays NAFR membership;
3. New member must email Branch nafrwpg@mymts.net and provide your name as recruiter;
4. At the end of each month we will send out gift cards – 1 gift card for **each** new membership (double membership counts as 1 recruitment)

NEXT BRANCH GENERAL MEETING

Date November 7, 2017

Location Army, Navy & Air Force Veterans Branch 283
3584 Portage Avenue, Winnipeg MB

Time Noon – Business Meeting 1:00 pm

Register Phone (204) 989-2061 or email nafrwpg@mymts.net

HEALTH TIPS

Minimizing fall risk (Published by the Public Health Agency of Canada)

The Facts

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization happen at home.

Protect Yourself

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

Eat Healthy Meals

- Nutritious meals keep up strength, resistance and balance. Eat lots of vegetables and fruits.
- Don't skip meals. It can cause weakness and dizziness.

Keep Fit

- Engage in physical activity every day. It's your best defence against falls.
- Walk. Try Tai Chi. Do what you can to maintain your flexibility and balance.
- Build your muscle and bone strength by doing "resistance" activities or exercises (such as weight lifting). Consult your doctor before you embark on an exercise program.
- Have your hearing and vision checked regularly.

Use Medication Wisely

- Ask your doctor or pharmacist about possible side effects of prescription or over-the-counter medication.
- Read directions carefully so you're aware of potential reactions with other medications.

- If your medication causes dizziness or sleepiness, adjust your activities so you aren't at risk of falling.
- Don't mix alcohol and medications. Alone or in combination with drugs, alcohol can cause falls.

Use Safety Aids

- Don't be embarrassed to use aids to daily living – they can keep you safe and active.
- Wear your glasses and hearing aid.
- Consider using a walker or cane. If you use a cane, make sure that it's the correct height and that it's rubber-tipped for safety.
- Appropriate footwear is important. Comfortable shoes that provide good support can help to prevent falls.
- Find out about other gadgets that can make your life safer: reachers, anti-skid soles, hip protectors, etc.
- Use them!

Take action. You CAN prevent falls!

If You Fall...

- Try to land on your buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

"There are no old people nowadays; they are either 'wonderful for their age' or dead. "

Mary Pettibone Poole